The World in a Cup

by Sheridan Rogers

Coffee Cherries

Trumpets were blaring, balloons flying and children were running through the crowd with painted faces. Monica Trapaga and Rachael (of Rachael's Little Band) were singing their hearts out and strolling musicians were squeezing their accordions.

Even the weather was festive – the sun was out, the sky clear and blue, and in the background, Sydney Harbour was sparkling.

Through it all wafted the irresistible smell of freshly made coffee.

Spirits were high. And why wouldn't they be?

After all this was a coffee fest and most people – after a cup or two of coffee – were on a natural high. Coffee contains caffeine, a mild central nervous stimulant (CNS) which is rapidly absorbed by the body when taken in beverage form.

As you've probably noticed, it makes you feel brighter and more alert within a few minutes and can help postpone feelings of fatigue for up to four hours. The fourth Aroma Coffee Festival held at The Rocks in Sydney is indicative of the explosive interest in coffee which has taken place over the past five years in Australia. This year over 100,000

people swarmed to the Harbour foreshores to taste coffee from all over the world – well over double the numbers who attended the first Aroma Festival four years ago. They had come not just to taste various blends and brews but to learn more about the finer aspects of roasting, grinding and making the perfect cup at home. Nineteen gourmet coffee roasters were present and thousands of cups of coffee were sold.

According to Gary Trye, one of the organisers, the Aroma Festival is the largest coffee festival in the world and the only one of its kind nationally.

"The heart and soul of the festival is the boutique roaster," he said. "They've been springing up all over the place over the past few years as have single origin or estate roasters. They're very passionate about their craft and have definite ideas about what they consider to be the best roast and the best blend."

Toby's Estate Coffee, Forsyth Coffee & Tea, Karmee, Café Hernandez and Caffe Bianchi were just some of the boutique roasters who participated. Major players like Andronicus (who sponsored the event), Segafredo and Vittoria were also present.

Café culture has become very much part of the modern Australian lifestyle. Our cities and suburbs are spilling over with cafes on virtually every street corner. Coffee has become a gourmet product and a fashion statement and like wine, discerning consumers now want to know where the coffee they drink has come from, what blend of beans is being used and how they were roasted and ground. However, there are still many people paying a lot of money for poor quality brews made from low-grade coffee beans.

According to Les Schirato, managing director of Vittoria Coffee, the importance of good quality coffee is still vastly underestimated. "Taste, quality and freshness of the beans should guide consumers in their choice of coffee," he said. "While this is a very individual thing, in general good coffee should have a strong rich taste and should never be bitter or leave a stale aftertaste."

You can rest assured that little or no evidence of a stale aftertaste could be detected at this year's Aroma Coffee Festival.

The Holy Grail – a perfect espresso!

Aroma Coffee Festival, The Rocks July 8, 2001.

Homo coffea (a barista) at work during the Aroma Coffee festival

Café Society

- Australians consume approximately 2.4 kilograms of coffee per person per annum -and that's nearly 1 kg more than the amount of coffee each of us drank in 1979!
- Percentage breakdown of coffee consumed in cafes nationally:
- Cappuccino 50 per cent (men and women almost equal)
- Café latte 12 per cent
- Flat white 18 per cent
- Espresso 9 per cent (men consume ten per cent more than women)
- Long Black 11 per cent (men consume 12 per cent more than women)
- Cappuccino represents 21 per cent of all coffee sales to 25 – 44 year olds.
- Seventy one per cent of all sales (in cafes) are milk-based with males being the highest consumers.
- Espresso sales are higher in 25 – 34 year old males.

(Source BIS Shrapnel Out of home sales 2001)

- Total value of the roasted coffee category is $68.2 million, which is increasing annually.
- The top three brands in Australia are Vittoria, Lavazza and Harris followed by Robert Timms, Aurora, Melitta, Moccona, Andronicus, Bushells and Brothers.
- 76,000 foodservice outlets (approx 60,000 commercial and 16,000 institutional) serve roasted coffee with Victoria and NSW accounting for 60 per cent of total outlets.

Lingua Coffee

Espresso a short black coffee topped with natural crema (the Holy Grail of espresso) poured to a length of 30ml and not filling the cup.

Strong Espresso a double shot of coffee.

Ristretto a concentrated espresso that is aromatic and sweet.

Short Black an espresso run longer until the cup is nearly full. Should have a dark layer of cream.

Macchiato meaning stained or spotted (i.e. with milk). A serving of espresso stained with a teaspoon of milk.

Cappuccino a full-bodied intense espresso topped with two kinds of heated milk, steamed and frothed.

Steamed milk is milk that has been scalded –its volume is unchanged. Foamed milk is both heated and aerated. The classic proportions are one-third espresso, one-third steamed milk and one-third foamed milk.

Café Latte made with espresso and four parts steamed milk with no foam on top.

Flat White standard dose of coffee topped with flat milk.

Vienna Coffee cup is filled two-thirds with espresso coffee and topped with whipped cream.

Mocha a cappuccino with chocolate mixed in by whipping with steam.

Is it true love...

or are you just making coffee?

Excellent coffee is made up of three essential components:

- 25 per cent Equipment
- 25 per cent Beans
- 50 per cent – the person (barista) making it!
- With the upcoming World Barista Championships in Oslo, Norway, in 2002, the search is on worldwide to select the best. Representing Australia will be the winner of the Barista Championship. Heats begin at The Gourmet Coffee Institute, 298 Harbord Rd., Brookvale, Sydney on September 11, 2001. Semi-finals will be held at St Ives Shopping Centre, 166 Mona Vale Rd., September 22nd. The Grand Final will be hosted by The International College of Tourism and Hospitality Management in Manly on Eastern Hill on September 29th. The competition is being run by The Gourmet Coffee Institute.

For more information: phone 02 9938 1233 www.danes.com.au

- Café Art - this is the "theatre" attached to coffee making performed by the barista. If you wish to learn more about "café art", contact:

The Lavazza Training Centre, phone 03 9429 5999
Forsyth Coffee and Tea, phone 02 9906 6281
The Vittoria Coffee College, phone 02 9748 0299

Coffee Trends

- Café society is extending into the office and home and increasingly sophisticated ways of serving coffee are taking place in cafes around the world.
- At the office, tins of instant coffee are being replaced by small individual plungers which sit on the desktop.
- In the home, roasting and grinding coffee beans of choice is beginning to take off.
- From green bean to cup: in cafes, fresh beans are now being roasted in boutique roasting machines alongside the espresso machine. Many cafes have begun installing Green Bean Coffee Roasters to ensure they are serving the freshest coffee on the market.
- Around the world with coffee: many cafes now offer several different grinds and blends along with daily specials (eg. Kenyan, Sumatran, Guatemalan, Ethiopian, Costa Rican).

Trends in Coffee

- Café society has also become part of the open-air market scene at producers and farmers markets Even freshly roasted bean sales are becoming popular. Check out Toby's Estate Coffee and Australian Estate Coffee at North Sydney and Pyrmont Growers Markets in Sydney and Paddington Bean Brokers at Sydney's Paddington Markets or on the net at www beanbroker com au.
- Flavoured coffees are on the increase. A variety of flavours is available: hazelnut, chocolate, almond, macadamia, Sambucca
- A greater range of choices in size is on offer from milk-shake container (4 shots of coffee) to super, large and regular.
- Frozen ice coffees and frappes like freezaccinos and mochaccinos are becoming more popular. They are sold by "direct pour".
- Toppings like whipped cream with hundred and thousands or freshly grated chocolate are becoming popular.
- Fizzy coffee drinks: from Attiva Al Caffe in Italy, a deliciously refreshing frizzante coffee which comes in a nifty 6 pack of 180ml bottles at $16-50

Caffeine

friend or foe?

Coffee has frequently suffered from a health image problem. As Ian Bersten points out in "Coffee, Sex & Health" (Helian Books), it could be coffee's bad luck to have had a name so close to its alkaloid component, caffeine. However, coffee can play a role in keeping you healthy if consumed in moderation as indicated in the following research:

- Mark Florence, former chief scientist with the CSIRO and co-author of "The Handbook of Preventive Medicine" (Kingsclear Books) found that brewed coffee minimalises the action of a chemical called theophylline which helps dilate bronchial muscles which become constricted during cold or flu epidemics or in asthmatics. He recommends drinking no more than 2 cups brewed or 4 cups instant per day.

- In Mark Walqvist's book "Agefit: Fitness and Nutrition For An Independent Future" (Pan MacMillan), it is reported that coffee releases fat from fat cells and assists in weight loss. He also says that coffee may play a role in cancer prevention but stresses the links are weak. He points out that the way in which coffee is made may determine how beneficial it is – freshly filtered is best.

- After analysing 17 published studies on coffee consumption and colorectal cancer, Professor Edward Giovanucci of Harvard Medical School found the risk of colorectal cancer to be 24 per cent lower among those who drink four or more cups of coffee per day than the risk among those who rarely or never drink coffee.

Caffeine

friend or foe?

- Coffee contains potentially cardioprotective flavonoids, which have antioxidant properties, so the occasional cup of coffee may not be bad for you, it may even provide some benefit.
- Common levels of caffeine in foods and beverages are described in the table below.

Beverage	Caffeine content (mg)
instant coffee	1 heaped tsp 90mg
percolated coffee 200ml	100mg
brewed (drip method) 200ml	140mg
cappuccino	80mg
espresso 100ml	80mg
cafe latte	55mg

- The recommended intake of caffeine is less than 200mg/day.
- Based on recent evidence, it seems that up to three cups of coffee or equivalent caffeine intake a day will not do any harm (unless you are pregnant, suffer from stomach ulcers, hypertension or heart arrhythmia) and may indeed provide some health benefits.

More information about caffeine:

Food Facts - Wahlqvist ML, Briggs D.

Caffeine Food Questions and Answers - Wahlqvist ML, Briggs, D.

Coffee Recipes

Most and flavoursome this is a
sensational looking cake to bake
for a show-off occasion

Serves 8

250g softened unsalted butter
200g (1 cup) caster sugar
2 eggs
1 tbsp coffee essence
250g (2 cups) plain flour
1 tsp baking powder
1 tsp bi-carb of soda
1/2 tsp salt
2 tsp finely ground fresh coffee
200ml buttermilk

Preheat the oven to 180degC Grease a 23cm round tin - we used a 1.2 litre stainless steel bowl .
Cream the butter and sugar until light, add the eggs one at a time, beating well after each addition
Stir in the coffee essence. Sift the remaining dry ingredients together and stir through the ground coffee.
Fold the dry ingredients through the mixture, alternating with the buttermilk and finishing with the flour.
Pour into the prepared tin and bake 45 55 minutes Cool in the tin for ten minutes then turn onto a rack to cool completely. Cover with chocolate ganache and sprinkle with chocolate covered coffee beans.

Chocolate Ganache

250g good quality dark chocolate, chopped in small pieces
65g unsalted butter, diced
200 ml fresh cream

Place the chopped chocolate and butter in a bowl. In a pan, heat the cream just until boiling and pour over the chocolate Stir gently until the butter and chocolate have melted and the ganache is glossy. Leave to cool and thicken slightly before using.

Chilli and Coffee Baked Ribs

Spicy, sticky, yummy and sweet. Despite the number of ingredients, this is an easy dish to prepare and cook.

Serves 2 – easily doubled to serve 4

Sauce:
1 tbsp olive oil
1 small onion, finely chopped
125ml (1/2 cup) strong coffee
65ml (1/4 cup) tomato ketchup
2 tbsp brown sugar
2 tbsp cider vinegar
1 tbsp treacle
2 tsp Worcestershire sauce 1/2 tsp mustard
1/2 tsp Mc Cormick's Mexican chilli powder
1/2 tsp ground cumin
pinch cinnamon
pinch cayenne pepper

Ribs
2 racks American-style pork ribs (approx 1kg)
2 tbsp cider vinegar
1 tbsp Mc Cormick's Mexican chilli powder
2 tsp ground cumin pinch cayenne pepper
1/2 tsp salt
1/2 tsp black pepper

For the sauce: heat the oil in a heavy pan and saute onions until translucent. Add the other ingredients, whisking to combine, and bring to the boil. Simmer to reduce the sauce by half. Keep to one side.

For the ribs: place ribs in a large pan and cover with cold water. Add the cider vinegar and bring to the boil. Simmer for ten minutes then drain. Place in a roasting tray. Mix the dry spices together and rub over both sides of the ribs.

To cook: preheat oven to 180degC. Brush ribs generously with the sauce and roast for ten minutes. Brush with more sauce and roast a further 15 minutes. Remove from oven and leave to rest, covered with foil, for ten minutes. Serve with the extra sauce, baked potatoes with sour cream and a salad or coleslaw.

Tip: you can make the sauce several days ahead and keep covered in the fridge.

Mascarpone Cream Dessert

Rich and extravagant,
this dessert is perfect for special occasions.
Serve it with savoiardi biscuits
Best eaten within a day of making –
if it lasts that long!

Serves 4 - 6

2 eggs, separated
1 1/2 – 2 tbsp caster sugar
400g mascarpone
Cognac or Grand Marnier, to taste
finely ground fresh coffee grains

In a bowl, whisk together the egg yolks and sugar until thick and creamy.
Fold through the mascarpone.

In a separate bowl, whisk the egg whites until stiff then fold through the mascarpone mixture.
Add liqueur to taste. Pour into a serving bowl (or individual bowls) and sprinkle with the coffee grains.

Tip: the coffee grains can be layered through the mixture – just take care not to overdo them. Make sure they are fresh and finely ground.
If you prefer a lighter mixture, use 200g mascarpone mixed until smooth with 200g drained fresh ricotta.

Eleni Coluzzi's Tiramisu

This is Eleni Coluzzi's version of Tiramisu.
You'll find it at
Bar Coluzzi, Darlinghurst.

250 ml long black (espresso) coffee
1/2 tsp Sambucca
4 tbsp sugar
125g (1/2 packet) Savoiardi biscuits
3 free range eggs, separated
250g light Philadelphia cream cheese
600ml thickened cream
Shaved dark chocolate or chocolate sprinkles

Mix the coffee, Sambucca and 1 tbsp of the sugar together. Break the Savoiardi biscuits into halves and dunk each half in the coffee mixture. Line a small lasagne dish or seven dessert bowls with the biscuits. Put the egg yolks and remaining sugar into the bowl of a food processor and process for 3 minutes. Whisk the egg whites until frothy and add to the egg yolk mixture. Add the cream cheese and thickened cream and process until smooth and thick, about 5 - 10 minutes. Spoon cream cheese mixture evenly over biscuits. Decorate top with shaved chocolate. Refrigerate, covered, for one hour before serving.

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